

The Looksmaxing cheat sheet by mpsano

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In my opinion looksmaxing is 90% healthmaxing. The other 10% are bonus tips i also explain shortly here.

What gives the biggest effect? Where can you ascend the most with the least effort?

Table: most effective levers

Body Fat · Sleep · Diet · Hormones & Metabolism · Fascia & Posture · Muscle and strength training · Skincare

Fixing these points, the foundations, will give you a glow up. For sure. They make up 90% of every face and body. Now we go into them in more detail. And after that into the looksmaxing routines that pull out the last few percent of your potential.

The 90% – Foundations

Body Fat

Goal: Men 8-12%, Women 20-25%

Why?:

- in fat cells aromatase converts testosterone into estrogen, so too high a bodyfat level in men leads to a feminine look, water retention and bad muscle growth
- it also covers up the attractive masculine facial features and gives you a bad body
- too low a bodyfat under 8% can throw your hormones out of balance too and crush your testosterone, some athletes in a diet have the test levels of a 10 year old boy

How?:

- eat less/more or burn less/more. sprinting, cardio, tennis, ball sports, running...
- my rec: sprint 2x a week + 1x slow jog for optimal fat burning, 2x gym + strength training
- eat only single-ingredient foods, best animal based – milk, meat, eggs. that gets your metabolism and thyroid back in shape and then it runs on its own

Sleep

Goal: teenager 8-10h, adult 7-8h

Why?:

- good sleep is the foundation of a healthy body. at night it regenerates, produces growth hormone and testosterone, structures the brain and consolidates what youve learned
- it does all this mainly in the deep sleep stages. if you dont reach them the regeneration doesnt run cleanly, the hormone system goes out of balance, the brain degrades, your muscles stop growing
- it holds for a few days or weeks but at some point the stress goes chronic and you see it on your face immediately
- dont sleep too much either, it leads to sleep addiction and is also suboptimal

How?:

- always fall asleep and get up at the same time (i do 11pm-7am)
- 1h no phone after waking, bright light straight into the eyes to strengthen the circadian rhythm – this is important for clean melatonin production and fast falling asleep the next evening
- nothing to eat after 8pm, no screens from 1h before bed, breathing exercises, read a book...
- my essentials: bluelight filter glasses, ear plugs, sleep mask, mouth tape. glasses so melatonin isnt disrupted, ear plugs so noise doesnt wake you, mask to keep melatonin up at night and not get woken too early by light, mouth tape for optimal oxygen intake and to stop mouthbreathing

Diet

Goal: all of it readable in detail in the nutrition guide on mpsano.com

Why?:

- your diet directly connects to your gut health, energy, metabolism and hormones. those show directly in your looks
- always eat enough, take nutrient dense foods to cover all your nutrients
- nutrients and minerals from animal products are far more bioavailable for the human body than the ones from vegetables and plants
- vegetables often also contain oxalates and toxins that slow your metabolism long term, bind and flush out nutrients, damage your thyroid and give you a bloated look

How?:

- no processed food, no seed oils, few vegetables, few nuts and seeds
- protein: fish & meat. carbs: sweet potato, orange juice. fats: butter, avocado. hydration: milk, fruit
- selenium, zinc and boron for testosterone, cholesterol and fat before bed for optimal hormone synthesis, fast carbs before and after training, magnesium for regeneration, vitamin D3 best from sunlight for bones and skin
- nutrient lists, nutrient tracker, calorie tracker and ingredient scans to track it all optimally you get in the slop by mpsano app, coming to the app store soon. sign up with your email for the 10% discount code and you'll get notified as soon as the app drops

Fascia & Posture

Goal: GOATA, long loose fascia, no forward head posture, mewing

Why?:

- from all the sitting and little movement almost everyone today is shortened with tight tense fascia
- so you fall into compensation postures, head forward, strong thoracic kyphosis, eventually a narrowed airway
- that results in a collapsed face with missing support, because your tongue – from mouthbreathing through the narrowed airway – no longer sticks to the palate (mewing) and no longer pushes forward and up

How?:

- implement GOATA exercises every day (5min is enough)

- do sport, watch your posture
- start mewling or expand the palate (MSE/MARPE/palate expander)

Muscle and strength training

Goal: broad frame, thick upper arms, stable back and neck

Why?:

- only these goals actually matter for looksmaxing, focus on the deltoid (shoulder), upper arm and back training
- a broad frame and thick arms signal dominance, nobody sees how big your butt or legs are when you wear long pants
- just pull shorts over the thighs and do a normal sport, thats enough for the rest

How?:

- run a normal split, e.g. shoulder+biceps, back+triceps, rest
- 3 sets of neck training after every session, that takes your looks to the next level and is easy to reach without spending 10h in the gym

Skincare

Goal: glass skin

Why?:

- skin mirrors hormone and gut health, gives a natural look and is one of the most noticeable features when it comes to looks
- so its important the skin looks clean. here is everything i used to go from strong acne to clean skin

How?:

- sun in the morning (UVB) for a tan, in the afternoon only with sunscreen (UVA – skin aging)
- after waking dont wash, only caffeine serum and beef tallow for protection and glow – your skin regenerated overnight and you destroy all of that if you hit it with a cleanser right away

- in the evening wash with a gentle cleanser, apply azelaic acid (15-20%) and tretinoin (0.25)
- sleep on a silk pillow and never bring your hands to your face or pick at pimples. thats it

Those are the 90%. If you stick to all of this youll experience a glow up. Now we come to the real looksmxing part that pulls out the last 10% and brings you to your potential. Since this is a cheat sheet i keep everything short and dont explain mechanisms, i just tell you what to do, if you want to know more shoot me an email.

The 10% – Looksmxing

Facial structure

Goal: high bone mass, striking features, CCW rotation, forward and upward growth

- hard incisor and masseter chewing: chew properly on hard food, 25 hard chews then swallow correctly by pressing the food against the palate and sucking it in
- mewing: you need that support from your tongue and the pressure on the palate to get the needed ccw rotation for forward projection of the face. just suck your tongue to the roof of the mouth and swallow a few times till it sticks. as an adult it wont remodel bone, its maintenance: nasal breathing, tongue posture, no further downgrowth
- microneedling: gets you more blood flow to your skin and bones
- milk: a good source of calcium for bones (use pasteurized milk for safety)
- palatal expansion: MSE/MARPE/palate expansion plate, talk to your orthodontist if your palate is smaller than 38mm or you have trouble breathing
- forward growth check: if your face grows down instead of forward (long midface, gummy smile, lips dont touch at rest) youre downgrown from mouthbreathing. fix the breathing first, everything else builds on it

Eye area

Goal: hunter eyes – neutral to positive canthal tilt, hooded, zero upper eyelid exposure, horizontally wide + vertically narrow, deep set, dark low brows, good undereye support

- canthal tilt: outer corner sits higher than inner corner. negative tilt reads tired/prey. train the orbicularis oculi with squint holds daily, makes the eye more horizontal and can lift the tilt 2-3°

- undereye support: the bone under the eye (infraorbital rim) has to sit in front of the eyeball = positive vector = no hollow, no eye bag. that's 90% bone + bodyfat + water. stay lean, fix sleep, drop salt

- smizing: lift the lower lid slightly like a genuine smile, trains the supported look

- diy: enough sleep, low salt, caffeine serum in the morning against puffiness, brow tape/waxing for optical tilt

- surgery (only on a hard fail): canthoplasty/canthopexy lifts the outer corner, HA filler (Volbella liquid in the trough + Voluma in the mid cheek) for support. wrong plane = a visible ridge, only go to a top injector

Lower third & jawline

Goal: gonial angle ~110-120° for a man, hypertrophied masseter, straight ramus, forward grown maxilla and mandible

- hard chewing: the goal is masseter hypertrophy (that's the Brad Pitt jaw). mastic gum or a jaw trainer, short sessions, progressive load, 3-4x a week – NOT 24/7. overdoing it = tmj problems + bloated cheeks

- assess first: if your gonial angle is already too wide/steep, chewing makes it worse

- submental fat: a double chin is mostly bodyfat + posture, not skin. lean out and stop the forward head posture before you blame genetics

Nose & breathing

Goal: straight nose, open airway, nasal breathing 24/7

- mouthbreathing kills mewing and facial growth → open the airway first. blocked? see an ENT (septum, turbinates)

- looks: rhinoplasty is the only real fix for shape, dorsum and tip are purely surgical

- breathe right strips / mouth tape at night for consistent nasal breathing

Lips & philtrum

Goal: short philtrum, upper lip thinner than the lower, upper lip protrudes a touch further

- long philtrum ages you and makes the midface look long. a lip lift shortens it and rolls more upper lip out (surgical)
- diy: stay hydrated, tallow/balm, dont lick or bite your lips
- forward maxilla growth (mewing/breathing) pushes the lips forward and shortens the look of the philtrum over time

Coloring & harmony

Goal: dimorphic high contrast look – clean separation between skin, hair, brows, beard shadow

- tan: light UVB tan in the morning evens the skin, hides redness/acne and raises contrast to eyes and brows (see skincare)
- contrast: dark dense brows + a defined beard shadow against clean skin reads masculine. washed out = less striking
- eye white: clear slightly blue sclera reads young and healthy – sleep, hydration, less alcohol

Teeth

Goal: white, straight, broad arch

- whitening strips or in-office bleaching, dont overdo it (enamel)
- crooked teeth / narrow palate → orthodontist, an expander (MSE/MARPE) fixes both at once (see palatal expansion)
- cut constant sugar and acid, oil pulling optional

Frame

Goal: wide clavicles, big delts, v-taper (broad shoulders, narrow waist) – frame is ~70% of body attractiveness

- clavicle length is genetic and fixed after ~25, but its tilt, prominence and the muscle on it are trainable
- shoulders: heavy lateral raises + overhead press for 3d delts, thats what actually widens the silhouette
- v-taper: build lats (pullups, rows) and keep the waist tight (stay lean, dont bulk the gut)
- reeves shrug / loaded carries to pull the traps and clavicle area up and back

Voice

Goal: deep, relaxed, resonant voice

- larynx/vocal cord thickness is set after puberty, you cant grow it as an adult – but most guys speak too high from tension
- talk relaxed at your natural depth, from the chest not the throat, dont let excitement pitch you up
- slow down, breathe from the diaphragm, hydrate

Height

Goal: 1,90-1,95m

- sleep: N3 deep sleep stages are crucial for hgh pulsing, get enough deep sleep
- protein and energy: you must be in a caloric surplus to grow optimally, eat clean and enough, get your protein and micros (vitamin d, calcium, zinc, iodine, magnesium)
- mechanical loading: jumping and sprinting put mechanical load on your bones and force growth through the mechanostat and growth hormones, sprinting gives up to a 700% hgh spike
- if your epiphyseal plates are already fused you cant grow anymore. check this with a doctor. then you can only fix posture, anterior pelvic tilt and tight fascia
- MK-677: a prescription-only research compound with serious risks. named here only for awareness — it is not a recommendation and must never be self-administered

- HGH: a prescription-only hormone with serious health and legal risks. only ever under a doctor's supervision — never self-administer
- aromatase inhibitors: prescription drugs with serious risks. only ever under medical supervision — never for self-use to influence growth
- limb-lengthening surgery: the only method that adds real adult height. major surgery, long recovery, high cost and risk

Hair

Goal: full, thick hair + a cut that frames your face

- hairloss (act early, its way easier to keep than regrow): finasteride stops the dht that kills the follicle, minoxidil regrows/thickens, dermarolling (stamp > pen > roller, 1x a week) boosts both. the classic stack is fin + minox + derma
- beard: minoxidil on the face grows/thickens patchy beards, same dermarolling principle, be consistent for months
- cut: match it to your face and hairline, a good barber outperforms any product
- dandruff shampoo (homemade, killed my dandruff in two weeks): 2 egg yolks, olive oil, rosemary oil, apple cider vinegar (not too much), raw honey. mix and store in the fridge

Eyebrows & grooming

Goal: dense, low, defined brows + a clean overall picture

- pluck the stray hairs between the brows against a unibrow, dont take anything else off – dense brows are masculine
- thinning/arching brows reads feminine, avoid it
- thin brows → dermarolling + rosemary oil (same as hair), be patient
- the basics that do 80%: nails, ear/nose hair, clean neckline/hairline

Scent (smellmaxxing)

Goal: clean natural smell + a signature scent

- base first: your natural smell mirrors your androgens + health. diet, sleep, hormones fixed – cologne on a bad canvas does nothing
- concentration: EDP (15-20% oil, 6-9h) is the sweet spot for projection + longevity
- vibe: woody/dominant for work and male settings, fresh/sweet-fruity for social and dates
- pheromone boost (optional): products with androsterone (dominance) or DHEA/androstanone
- hygiene baseline (deo, mouth, fresh clothes) overrides everything

That's it, start with the basics, if you have questions sign up your email and write me.

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